

2010 SUBURBAN COUNCIL CHAMPIONSHIPS
SUNDAY JAN. 31 @SUNY

TIME	Event					
Monday, Feb. 1st 2010						
5:15PM @ Shen. Pole Vault, Shot Put and Wt. Throw						
	Shot					
	Pole Vault					
Sunday, Jan. 31st 2010						
8:15AM	GIRLS HIGH JUMP FOLLOWED BY BOYS					
	BOYS LONG JUMP FOLLOWED BY GIRLS FOLLOWED BY BOYS TRIPLE JUMP					
	TRIPLE JUMP					
9:15AM	GIRLS 4X200 RELAY					
9:25AM	BOYS 4X200 RELAY					
9:35AM	GIRLS 55MHH TRIALS					
	BOYS 55MHH TRIALS					
	GIRLS 55MHH SEMIS					
	BOYS 55MHH SEMIS					
	GIRLS 55MHH FINALS					
	BOYS 55MHH FINALS					
10:15AM	GIRLS 4X800 RELAY					
10:30AM	BOYS 4X800 RELAY					
10:45AM	GIRLS 300M TIMED FINAL					
10:55AM	BOYS 300M TIMED FINAL					
11:05AM	GIRLS 1500M					
11:20AM	BOYS 1600M					
11:35AM	GIRLS 600M RUN					
11:45AM	BOYS 600M RUN					
11:55AM	GIRLS 3000M					
12:25PM	BOYS 3200M					
12:50PM	GIRLS 55M TRIAL					
1:00PM	BOYS 55M TRIAL					
1:10PM	GIRLS 55M SEMI					
1:20PM	BOYS 55M SEMI					
1:25PM	GIRLS 1000M RUN (SECTIONS)					
1:40PM	BOYS 1000M RUN (SECTIONS)					
1:55PM	GIRLS 55M FINAL					
2:00PM	BOYS 55M FINAL					
2:05PM	GIRLS 4X400 RELAY					
2:20PM	BOYS 4X400 RELAY					

